Pumpkin Soup with Pork Bone

Ingredients:

Pork Bone	½ catty
Pumpkin	1 catty
Apricot kernel and Chinese almond	40g
Honey dates	2 pcs
Water	10 cups
Salt	to taste

Steps:

1. Blanch the pork bones for 15 minutes.
2. Rinse and clean well.
3. Peel the pumpkin.
4. Cut the pumpkin into big pieces.
5. Soak the honey dates for 15 minutes
6. Add water to a pot.
7. Add all the ingredients.
8. Bring to boil then simmer over low heat for at least 2 hours.
9. Cook until the pumpkin is mushy.
10. Season with salt and serve.

Tips:

Place the pumpkinseeds in a muslin bag, make it easier to separate from the soup.

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